

MOVE! Snack Attack

50-75 Calories



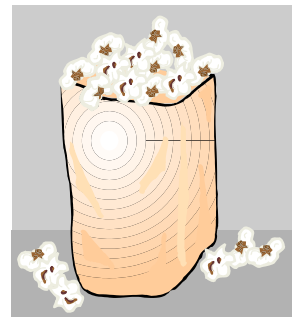
- 1 Popsicle or fudgesicle
- 1 piece of fresh fruit
- 1 cup sugar free gelatin with 2 tablespoons whipped cream
- 1 cup raw vegetables such as sliced peppers, mushrooms and tomatoes with 2 tablespoons humus or diet salad dressing
- 2 saltine crackers with 2 teaspoons peanut butter
- $\frac{1}{2}$ cup dry cereal

100-125 Calories



- 1 rice cake with 1 tablespoon jelly
- 3 fig Newton squares
- $\frac{1}{2}$ cup cottage cheese with $\frac{1}{4}$ cup berries
- 1 slice of toast with $\frac{1}{4}$ cup 1% cottage cheese, sprinkled with cinnamon
- Fruit shake! Blend $\frac{3}{4}$ cup plain nonfat yogurt and $\frac{1}{4}$ cup fruit. Add nutmeg, ginger or sugar substitute as desired
- $\frac{1}{2}$ small pita with 1 tablespoon Neufchatel cheese and $\frac{1}{2}$ cup cooked or fresh vegetables
- 1 box Cracker Jacks®

150-200 Calories



- 4 cups of light popcorn
- $\frac{1}{4}$ cup nut and raisin mix
- 1 small banana spread with $\frac{1}{2}$ tablespoon peanut butter
- 1 cup plain nonfat yogurt with $\frac{1}{2}$ cup berries or chopped fruit
- 1 baked apple sprinkled with cinnamon and 2 teaspoons brown sugar
- 1 cereal bar or reduced fat granola bar
- 1 slice bread with Dijon mustard, 2 slices turkey breast and a slice of tomato